

Family alums can build on a recovery of their own

■ by Rosemary Hartman

In nearly 25 years at the Family Center, I have witnessed the pain and devastation caused by addiction in the lives of thousands of family members and loved ones, as well as the addict. The young mother who feels abandoned by her methamphetamine-addicted husband; the parents of a beautiful, well-educated daughter who see their dreams for her lost to cocaine addiction; the retired business executive who watches his wife disappear into an alcoholic stupor. All have come to the Family Center looking for answers and, more importantly, hope. They blame work problems, stress, an abusive childhood, "the culture," and sometimes themselves. They want to understand and be supportive, but they don't know how to do so.

In the Family Center, loved ones learn that addiction to mood-altering chemicals, including alcohol, is an illness they didn't

cause, can't control, and can't cure. They learn that recovery is a process the addicts themselves must face, but family members and loved ones can provide support and encouragement. They also learn that as family members they are beginning a

recovery process of their own—recovery from the impact their family member's illness has had on *them*. Recovery, both for the addicted person and the family, can be a lifelong journey.

Recovery for everyone requires patience and vigilance. It requires ongoing attention to *self*. It is easy to rely on the addicted person to make the changes necessary to experience recovery

and healing. But to achieve real change in the quality of the relationship, family members must be willing to examine their own behavior and continue to grow in their own recovery. Involvement in Al-Anon, Families Anonymous, other Twelve Step groups, individual therapy, recovery workshops,



Rosemary Hartman

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CALL TO ACTION

Alumni contacts wanted to support newcomers in early recovery

"TO KEEP THE PROGRAM, WE MUST GIVE IT AWAY." This is the precious paradox that feeds the success of Twelve Step recovery, and it's one that Hazelden supports wholeheartedly. It is a principle that Hazelden alumni can proudly endorse through their participation in the alumni contact initiative.

It's simple: You agree to become a person whom newcomers can call on to get direction and advice in early recovery. You don't have to become their sponsor—although you might. Generally, it means connecting the newcomer—someone fresh out of treatment at Hazelden—with the local recovery community to which he or she returns.

"It can mean meeting with the person, going for a walk, meeting for coffee, or taking the person to a Twelve Step meeting," said Beverly J., a Hazelden alumni contact for several years. "It means giving them information on meetings and sober residences, perhaps even serving as a sponsor or temporary sponsor, and staying connected to give them a healthy start in recovery."

ALUMNI CONTACTS—CONTINUED ON PAGE 4

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Hold the date

Unit reunions set for 2006. See calendar for dates on back page.

Women's Recovery Center Luncheon
MINNEAPOLIS
Nov. 17

Holiday Bowl & Gift Drive
ST. PAUL
Dec. 10

Hazelden New York Open House
Dec. 14

Marvin Seppala
NAPLES, FLA.
Feb. 4

Women Healing 2006

Minneapolis, April 21-22
Tampa/Clearwater Beach, Fla. May 19-20
White Plains, NY, Sept. 15-16
Seattle, Oct. 13-14
Charlotte, NC, Nov. 3-4
Chicago, Dec. 1-2



Son is grateful for many quality sober years with his father

This letter is to inform you of the passing of our beloved father of 91 years, Walter B., on March 21, 2005. Our father attended your institution in January of 1980. We live on the Navajo reservation in Arizona, and although alcoholism is very prevalent on the reservation, our father had to travel thousands of miles to get help.

I was inclined to write this letter because we were very fortunate to have spent the last 25 years of our father's life of sobriety with him. In this time we had a chance to redevelop a relationship with our father. As a child, I can remember spending time driving my father around while he was drinking, then drinking with him. I came to realize that we did not have a father/son relationship, but were just drinking partners during this time. Through my own experience of attending a rehabilitation center in 1987, and my own 17 years of sobriety, we were able to work on a sober relationship. In the last few years, my siblings and I spent scheduled weekends to care for our father. I think this was a very special time that we each got to redevelop a personal relationship with our father. One of my sisters said that she used to read some of the articles in

your magazine to him. I remember that the Serenity Prayer was father's favorite prayer; he always recited it at our family gatherings, and you could hear him reciting it at night in his room.

This letter is to sincerely thank your institution in its efforts to help bring our father, and others, back to a meaningful life. If not for your help, we would not have had the opportunity to experience a meaningful relationship with our father. May God bless you and every one of your staff for the wonderful work that you do. Thank you.

— Bill B.

Promises Unit reunion comes through

Just a short note to say a big "THANKS" for arranging a wonderful Promises Unit reunion (in September). It was everything and more that I had hoped for: Good friends, good facilities, good programming/scheduling, and a very real and significant spiritual boost.

— John B.

'Giving back: It's what keeps me sober'

Dylan H. says he was always "uncomfortable, trying to get out of myself. I was always self-conscious, very self-absorbed."

In college, a friend gave him a bottle of whiskey at a party, and that was the ticket to getting rid of that uncomfortable feeling. "I was told I was very funny when I drank," he said. "I could talk to girls, and I was very entertaining."

However, for the next 18 years, he said, "I drank to get drunk. . . . I discovered cocaine and used a lot. I took pride in the amount of alcohol and drugs I did. It was a badge of honor. If I had the money, I was always taking more alcohol and drugs than anyone."

About five years ago he was seeing a therapist who tried to talk him into checking into Hazelden, but he refused. Instead he drank and used more—"two to three eight-balls of cocaine a night, Jagermeister, and more. I'd use until 7:30 a.m. and then start over again at 5 p.m. I felt I was at the end of my rope. I tried to quit and tried to decrease my use. I went 11 months without drinking, just to prove I could do it. But then I started again, and it went on for 10 months. Now I

was dealing drugs as well, so I could stay well stocked."

Four years ago he took his therapist's advice and checked into Hazelden Chicago's Intensive Outpatient Program. "Of course my check to Hazelden bounced," he said. "But they allowed me to stay. That debt was the first I ever repaid."

Story time

And now he owes a debt of gratitude, he says, because his time at Hazelden allowed him to take an honest look at his life. "I saw the fact I had two cars in the driveway and I had a successful real estate company," he said. "What I didn't see is I didn't have a license, bills weren't being paid, I didn't see the fact I was stealing from my business and my partners, and I was a drug dealer. I was finally shown how unmanageable my life was."

After his outpatient treatment, he participated in continuing care at Hazelden Chicago. He attended a Hazelden alumni meeting and found a sponsor. The sponsor took him to a men's Step meeting in the suburbs. "They

told me to shut up and listen," Dylan recalled. "These were diehard program guys. They told me I was full of shit, and they got me to work the steps."

MEETINGS, STEPS ARE KEY

He's been faithfully going to those meetings ever since, and to several other Twelve Step meetings a week. "Going to those meetings and working the steps is key. I'm continually working Steps 10-12. I volunteer: I have sponsees, and I help out at Hazelden Chicago and with Twelve Step groups. I practice the program. I share my experience, strength and hope every other Tuesday night at Pass It On (at Hazelden Chicago) with people from the IOP program and others new to recovery. Giving back—it's what keeps me sober.

"Life today is amazing—beyond my wildest dreams," Dylan continued. "I have a successful real estate business. I'm looking for a summer home on Lake Michigan. I have no craving for alcohol or drugs. I have a relationship with my family again. And I have the most amazing group of friends, a very supportive group, many of whom are in recovery. I'm very grateful."

and spiritual renewal programs can help family members enhance their recovery.

The Dan Anderson Renewal Center at Hazelden provides recovering addicts and family members with wonderful opportunities for growth and change. Most of the programs at the Renewal Center, including “Couples Communication” and “Grief: Moving Through Loss,” are open to family members as well as recovering addicts (see article below).

We also welcome family alums to return to the Family Center to build on their efforts to improve relationships with self, others, and a Higher Power. Another source of strength and fellowship comes from our Alumni Relations

department. Family members are invited to become active alumni members and take part in a range of special events and activities that provide education, fellowship and service opportunities. Events such as A Night to Remember, Alive and Free, and special workshops and speakers in cities nationwide are just a few activities that reach out to Hazelden alums and others in recovery.

Each summer, alumni of the Family Center gather to celebrate and enhance their recovery at the Family Reunion workshop, which is open to all past Hazelden family program participants as well as anyone interested in improving the quality of their relationships. It is a time to reconnect with people, learn new skills, and experience the “magic of

Hazelden” once again.

In commenting on her stay at this year’s Family Reunion workshop, a recent participant said, “It felt so good to reconnect with Hazelden. This is where I learned how to let go and live my own life, yet be a good wife and mother. I continue to need reminders that the Twelve Steps are for me and that it’s okay to think about me. I am so grateful.”

Give us a call at the Family Center if you need direction in finding resources to enhance your recovery. Call us toll-free at 1-888-257-7800, ext. 4113 or send me an email at rhartman@hazelden.org.

Rosemary Hartman is supervisor of the Family Program in Center City.

Renewal Center is great resource for family members

FAMILY MEMBERS OF ALCOHOLICS face many of the same challenges and issues as their alcoholic loved ones. The beauty of the Twelve Step program is that it offers common ground and a common language for families in recovery. This is something the Dan Anderson Renewal Center understands very well, and that’s why it offers a range of continuing recovery retreats and programs to address the needs of family members/loved ones and recovering alcoholics/addicts alike.

“Alcoholism is a family disease that needs family solutions,” says Elene Loecher, renewal program and spiritual care director of the Renewal Center in Center City. “And our programming reflects this fact.”

Indeed, the majority of Renewal Center offerings are very appropriate for family members, from several ongoing programs, including The Lodge at Hazelden program, An Unshakable Foundation for Life, Extended Care for the Soul, and individualized retreat opportunities, to the special-topic weekend and week-

long retreats. A look at the Renewal Center programming for 2006 (see Renewal Center calendar insert for some readers) is proof of this. So many of the Center’s special offerings are perfect to build on a family member’s recovery. One such offering is “**Al-Anon and the Big Book: Building on Common Ground,**” to be offered Jan. 8-12 and April

27-30. This new retreat will help individuals explore why the Big Book is a foundation for building a better understanding and deeper appreciation of the spiritual search to which we are all called.

A sample of other retreats that build relationships, address key issues, and enhance spirituality include:

- **Anger and Resentment: Inviting the Gift of Forgiveness into Your Life,** Jan. 15-20 and April 9-13.
- **Spirituality and Recovery: Finding God in the New Year,** Jan. 12-15.
- **Recovery Enrichment: Reshaping Your Personal Recovery Map,** Jan. 20-22.
- **Grief: Moving Through Loss,** Jan. 29-Feb. 3.
- **Couples Communication: Creating an Emotionally Intimate Relationship,** Feb. 3-5.
- **Meditation: Discovering the Most Important Thing,** Feb. 12-16.
- **Healthy Relationships: Freeing Yourself from the Traps of Codependency,** Feb. 16-19.
- **Life Management: Removing the Roadblocks from Your Recovery,** Feb. 22-26.
- **Healthy Relationships: How to Live Your Own Imperfect Life,** March 23-26.
- **Healthy Relationships: Nice People Do Say ‘No,’** April 23-27.

To learn more about Renewal Center programming, see the insert with this newsletter, call 1-800-262-4882, or visit www.hazelden.org/renewalcenter.



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Rollin' on the River cruise is mid-summer delight



THE HAZELDEN TWIN CITIES ALUMNI CHAPTER hosted a Rollin' on the River boat cruise on August 23, with 158 alumni and friends taking part aboard the Betsy Northrup on the Mississippi River in St. Paul.

Alumni, family and friends enjoyed a spectacular sunset and the live blues music of John Sagner, who donated his talents for the evening. Sagner's music was the perfect complement to a relaxing evening with great fellowship.

Nov. 17 luncheon to benefit Women's Recovery Center

Alumni and friends are cordially invited to a luncheon to benefit the new Women's Recovery Center on Thursday, Nov. 17 at the graves 601 hotel (formerly Le Meridien) in Minneapolis.

Explorer Ann Bancroft will be the keynote speaker. Bancroft is an internationally recognized polar explorer and a popular speaker. In 2001, Bancroft and her partner, Norwegian polar explorer Liv Arnesen, were the first women in history to ski and sail across Antarctica. Bancroft is the first woman in history to cross the ice to both the North and South Poles.

Construction on the Women's Recovery Center in Center City began this fall. The Center will increase the number of primary residential and extended care beds from 60 to 90.

Cindy Piper, a member of the Hazelden Foundation Board of Trustees, is the honorary chair of the event. For ticket information, please call Cindy Roesel at 651-665-0834 or Judy Bontjes at 651-213-4321.

"So many people joined us on a perfect summer evening that we all had to 'dine light' to make sure everyone got something to eat, but that's the way we are in recovery," said Lisa Reynolds, manager of Alumni Relations. "Of course, the main reason to gather was to spend time with others in recovery, catch up with old friends, and just experience a pleasant evening with a 'boat load' of others who are in the same boat as us! We plan to make this an annual event. Hope to see you there next year."

Dia Linn sisters raise \$3,500 with reunion auction

The strong bond of alumnae from the Dia Linn Unit continues to shine, as evidenced by this summer's unit reunion in Center City. A spirit of fellowship and philanthropy prevailed at the annual gathering of alumni, patients and staff.



"I'm one person who comes back every year," said Beverly J. "I love to tap into the spiritual environment and watch recovery in action."

The sisters of Dia Linn are a close group, and they clearly demonstrated that at their July reunion. The alums organized an auction to help raise funds for women receiving treatment at Hazelden. This year's auction took in more than \$3,500. Featured items included the Plastic Pig, the house piggybank used to collect fines imposed on patients for house infractions. The pig garnered a bid of \$375, and it will return next year as an annual traveling item. A tee-shirt signed by Dia Linn alums dating back to the 1999 reunion went for \$125. Artwork created by many of the talented alums and items from Hazelden staff and the bookstore rounded out the auction items.

The Dia Linn alumnae have developed some wonderful traditions, including a Rose Ceremony in which each current patient is presented a rose and words of support. The alumnae have formed an email newsletter to stay in touch with one another.

"We as a group realize the importance of staying connected," said Beverly. "We encourage our sisters to help other patients who may not be as lucky as us. Our hope is to stay united and carry on a charitable effort to help give something back."

ALUMNI CONTACTS—FROM PAGE 1

To volunteer and help others build momentum for successful recovery, all you have to do is fill out the Alumni Recovery Contact Release Form enclosed with this newsletter and return it to Alumni Relations. Before giving your name (first name and last initial) and phone number to a new alum, Hazelden will contact you to let you know the person's name (first name, last initial). At any time you can revoke your agreement to serve.

"Sometimes the new alums call and sometimes they don't," said Harold B., an alumni contact. "Their level of trust and openness is usually relative to the amount of pain they're

in. Those who want it will ask for help.

"The first thing I ask is, 'Can I help you find a meeting?' " Harold continued. "I'll meet them at a meeting or I'll ask if they need me to get them to a meeting. I share my experience, strength and hope and provide a list of local meetings."

Being of service to newcomers keeps Beverly well grounded. "Those of us who have gone through Hazelden and live by the Twelve Steps—we're miracles," she says. "One to another we become a continuum of miracles—we're one big chain. . . . I know how scary it is to leave Hazelden. The great majority of people believe they're going to do well when they get out, but it's

not an easy transition. A Hazelden contact can be their conduit to Twelve Step living."

Beverly encourages fellow alums to participate in this special recovery effort. Because of privacy and confidentiality laws, a signed release is needed *each year* for every participant, so alums need to re-up to remain an active contact person. Sharon Johnson of Alumni Relations manages the contact list and sends out renewal forms. "We need to increase the number of available alumni contacts, and we need help from people throughout the United States and abroad," she said. She welcomes your participation. Call her at 888-257-7800, ext. 4309 or 651-213-4309.

New York open house is Dec. 14

New York—Hazelden New York will hold an open house on Wednesday, Dec. 14 from 4 to 7 p.m. to showcase its new home at 322 8th Avenue (12th floor) in the Chelsea neighborhood. Alumni, donors, referents and other friends of Hazelden are welcome to tour the new site and learn about Hazelden's community-based outpatient services and continuing care programs. Hazelden New York moved to its new location in May. Its former site was sold; proceeds from the sale will help Hazelden establish a new residential center to serve adolescents and young adults and their families in the New York area.

Regional update

Chicago picnic is fun, food, fellowship aplenty

Chicago—About 120 alumni and friends turned out for the Hazelden Chicago alumni picnic on Aug. 27 at Lincoln Park in Chicago. Great food, fun and fellowship were aplenty on a day when storms were predicted, but sunny skies prevailed. The event was extra special because all 18 residents of the Hazelden Chicago Sober Residence took part in the sober fun. A grateful day was had by all. If you didn't make it this year, plan on the annual picnic next year.

An open house will be held Nov. 9 from 3-7 p.m. at Hazelden Chicago to celebrate the one-year anniversary of the Sober Residence and to recognize the efforts of Executive Director Susan Reed. Alumni, referents and friends are welcome.

The **Chicago Alumni Holiday Party** will be held Friday, Dec. 2 at Hazelden Chicago, following the 7 p.m. alumni meeting. The annual **Women Healing Conference** will be held Dec. 2-3 at the Holiday Inn Mart Plaza in Chicago; call 888-257-7800, ext. 4429 to register.

Sober Kitchen cooking class comes to St. Paul Jan. 22

St. Paul—"The Sober Kitchen," a cooking class slanted for people in recovery and friends, will be held on Sunday, Jan. 22 at the Cooks of Crocus Hill on Grand Avenue in St. Paul. The cooking class can accommodate 35 distinguished palates and will be led by Hazelden chef Joe Zahner. Cooking demos with participation is the format. The class is an offshoot of the book, *The Sober Kitchen Cookbook*, by Liz Scott, a trained chef and recovering alcoholic. Cost for the course is only \$40 a person. Call Cindy Roesel at 651-665-0834 to reserve your spot. More classes are planned after Jan. 22.

The Twin Cities alumni chapter will host a **Holiday Bowl and Gift Drive** on Dec. 10 at 3 p.m. at AMF Maplewood Bowl in Maplewood. Call Alumni Relations at 651-213-4588 for information.

Springbrook Alumni Holiday Bowl is set for Dec. 16

Newberg, Ore.—The annual Alumni Holiday Bowl will be held from 6 to 8 p.m. on Dec. 16 at the Tigard Bowl in Tigard and will feature glow in the dark bowling, pizza, beverages, dessert and door prizes for alumni and friends. The event is free, but guests are asked to donate a toy or canned food good to benefit a local charity. To register or for more information, call 503-554-4353.

More than 50 Hazelden Springbrook alumni shared their fellowship on Sept. 16-17 at the annual **Hazelden Springbrook reunion** in Newberg. Primary and extended care patients participated in several of the on-campus activities, including the candlelight AA and AI-Anon meeting on Friday evening and the early-risers meeting on Saturday.

Seppala talks on Spiritual Synchronicity Feb. 4 in Naples

Naples, Fla.—Marvin Seppala, MD, Hazelden's chief medical officer and a grateful recovering alcoholic, will share his experience, strength and hope with the recovering community of Naples, Fla., on Feb. 4 at Unity of Naples. Seppala will present on "Spiritual Synchronicity."

New alumni chapters gather in Maui, Seattle, Denver

HAZELDEN ALUMNI CHAPTERS are forming far and wide as we add Maui, Seattle and Denver to the list of alumni gatherings. Seattle will be meeting on a monthly basis starting in November. Check our Hazelden Web site (www.hazelden.org) for additional information about meeting dates and times. If you have any interest in being involved and connecting with other alumni for fun, fellowship and service, check out a chapter meeting. No one is too new or has been around too long to be an asset to the group.

Chapter update

Alumni chapters are now meeting regularly in St. Paul and New York. St. Paul alums gather on the last Tuesday of each month at 6 p.m. at the Grand Thai Restaurant, across the street from the Hazelden Connection Bookstore on Grand Avenue in St. Paul. This group is currently working on a gift drive, with the proceeds going to local charity. Each person is asked to bring a gift item to our Holiday Bowl on Dec. 10 or drop a gift at Hazelden Connection. Call Justin Diehl at 651-213-4786 to learn of types of gifts needed. New York is meeting at our new site in Chelsea on the third Wednesday of each month at 6:30 p.m.

Chapters throughout the country serve as valuable peer group fellowships for hundreds of Hazelden alumni. The chapters can focus on activities of their choice, but one of the core objectives is to link new alumni to the recovering community. Each chapter develops its own meeting format, activities and service work.

Chapters are organized in several locations including the following:

Atlanta—Contact Amy E., 678-230-9541.

Bermuda—Meets last Wednesday of month at 7 p.m. at Woodlands Administration Bldg., Saltus School, Pembroke. Contact Rich S. at 441-735-6800.

Chicago—Alumni speaker meeting and anniversary night held Fridays at 7 p.m. at Hazelden Chicago. Alumni and friends welcome. Call 312-943-3534.

Denver—Call Dave N., 303-884-4804.

Detroit—Contact John J. at 248-790-9480.

Los Angeles—Meets first Thursday of month at 7 p.m. at Village Lutheran Church (343 Church Lane). One-hour meeting, alternates between discussion and speaker meetings. Contact Mitch C. at 310-394-3111.

Maui, Hawaii—Contact Kathleen S. at 808-205-2600.

New York—Meets the third Wednesday of each month at 6:30 p.m. at Hazelden New York, 322 Eighth Ave, Floor 12.

Omaha, Neb.—Contact Jon J., 402-393-7663.

Portland, Ore.—Meets third Friday of month at 5:30 p.m. for chapter meeting followed by "alumni supper" at 6:30 p.m. at Hazelden Springbrook (1901 Esther St., Newberg, Ore.). Call Debbie Voorhees at 503-554-4353.

St. Paul—Meets last Tuesday of month at 6 p.m., Grand Thai Restaurant in St. Paul. Contact Mike M., 651-214-4335 or Kathryn L., 651-269-9048.

Seattle—Contact Marcus C. at 206-910-6355.

Washington, D.C.—Meets first Wednesday of month at 6:30 p.m. at The Pines of Rome, 4709 Hampden Lane, Bethesda, Md. Call Callie W., 202-426-1821.

For more information on alumni chapters, contact Lisa Reynolds at 888-257-7800, ext. 4105.

Renewal Center, Lodge road workshops planned for 2006

Hazelden's popular one-day workshops will take to the road once again in 2006 to provide recovery enhancement to hundreds of Hazelden alums and others in recovery. "We hope to provide 10 to 12 workshops in a range of locations nationwide where Hazelden does not routinely go," said Gary Hestness, vice president of Continuing Care in Center City.

The special road workshops feature Hazelden presenters who are gifted at sharing the spiritual road to recovery. Elene Loecher, renewal program and spiritual care coordinator at the Renewal Center, will end the 2005 schedule with **"Building an Unshakable Foundation for Life" on Nov. 12 in Houston.** Fred Holmquist, director of The Lodge at Hazelden program, will open the 2006 road tour with a **workshop on Feb. 18 in Dallas.** Other 2006 road workshops will be announced soon.

For more information or to register, please call the Renewal Center at 800-262-4882.

Alumni get 40 percent discount on PES items

Hazelden alumni are entitled to a 40 percent discount on all Hazelden-owned materials (books, tapes, curriculums, specialty merchandise) ordered through Hazelden Publishing and Educational Services (PES). Discount does not apply to items not published by Hazelden, such as AA World Services publications. Alums simply need to provide the promotion code 8300A1 when ordering.

The discount applies to items ordered online at www.hazelden.org/bookstore, via the PES 1-800-328-9000 toll-free number, or through the catalog order form (put promotion code on the form).

Second Sunday Retreats

- Nov. 13 Pat and René Sternau
- Dec. 11 John MacDougall, "Surviving the Holidays"
- Jan. 8 Earnie Larsen

The Second Sunday Retreats are held from 9 a.m. to 3:30 p.m. on the Center City campus and include lectures, relaxation, and group discussions. They are open to anyone involved in a Twelve Step program. Cost is \$10, which includes noon buffet. No pre-registration necessary. For more information, call 800-257-7800.

CALENDAR OF ALUMNI EVENTS

- NOVEMBER**
- 2 Fall Tour, Marvin Seppala, "Spiritual Synchronicity," 7:30 p.m., San Francisco
 - 4 Fall Tour, Marvin Seppala, "Spiritual Synchronicity," 7 p.m., Seattle
 - 4 Recovery Community Outreach, Al Tighe, "Stop the Chaos," 7 p.m., River Falls, Wis.
 - 10 Recovery Community Outreach, Will Hudson, "Came to Believe," 7 p.m., St. Paul
 - 12 Fall Tour, John MacDougall, "Hope and the Great Fact," 8:30 a.m., Clearwater, Fla.
 - 12 Fall Tour, John MacDougall, "Hope and the Great Fact," 7 p.m., Sarasota, Fla.
 - 23-25 Thanksgiving Gratitude Gathering, Renewal Center, Center City

- DECEMBER**
- 1-4 A Lodge Reunion: Focus on Sponsorship, Center City
 - 2 Chicago Alumni Holiday Party, 8:15 p.m., Chicago
 - 4 Fellowship Club Open House, 2-5 p.m., St. Paul
 - 10 Holiday Bowl and Gift Drive, AMF Maplewood Bowl, 3 p.m., St. Paul
 - 16 Springbrook Holiday Bowl, Tigard, Ore., 6 p.m.

- FEBRUARY**
- 4 Marvin Seppala presents "Spiritual Synchronicity," 7 p.m., Unity of Naples, Naples, Fla.

UNIT REUNION DATES

March 16-19 Tiebout Unit Reunion, Center City
 April 20-23 Shoemaker Unit Reunion, Center City
 June 15-18 Lilly Unit Reunion, Center City
 July 14 Fellowship Club Reunion, St. Paul
 July 20-23 Dia Linn Unit Reunion, Center City

August 3-6 Family Reunion, Center City
 August 12 HCYF Reunion, Plymouth, Minn.
 August 17-20 Cronin Unit Reunion, Center City
 September 7-10 Promises Unit Reunion, Center City
 September 21-24 Jellinek Unit Reunion, Center City

Call 651-213-4588 or 888-257-7800, ext. 4588

HAZELDEN IN CENTER CITY hosts Medallion Night the third Thursday of the month at 7 p.m. in Bigelow Auditorium (call Justin at 651-213-4786 to schedule medallion presentations) and an open AA meeting each Wednesday at 8 p.m. at the Dan Anderson Renewal Center.

HAZELDEN CHICAGO offers weekly AA meetings Wednesday through Sunday, a Teen AA meeting from 8:30-10:30 p.m. each Saturday, an open Al-Anon meeting Mondays at 6 p.m., Families Anonymous Tuesdays at 6 p.m., and an alumni Speaker Meeting each Friday at 7 p.m.

HAZELDEN SPRINGBROOK hosts weekly Twelve Step meetings, including AA Monday at 7:30 p.m. and Wednesday (for women) at 7:15 p.m., Al-Anon Monday at 7:30 p.m., Sex Addicts Anonymous and Sex Addicts-Anon Monday at 7:30 p.m., Narcotics Anonymous Thursday at 7:15 p.m., and an 11th Step Meditation AA meeting for men on Sunday at 6 p.m.

HAZELDEN FELLOWSHIP CLUB IN ST. PAUL hosts an open AA speaker meeting on Fridays at 7 p.m.

HAZELDEN CENTER FOR YOUTH AND FAMILIES in Plymouth, Minn., hosts Alumni Night the last Saturday of each month at 7:30 p.m. with a guest speaker.



HAZELDEN®
Alumni Relations

P.O. Box 11: Alumni News & Views is a newsletter published four times a year and is intended to inform readers of news, events and people who can help build recovery. The mission of Alumni Relations is "to enhance recovery in the lives of our alumni and their families by providing opportunities for education, fellowship and service."

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If your address needs to be updated or if you wish to be removed from the *P.O. Box 11* newsletter mailing list, please call 1-800-257-7800 or email mailinglist@hazelden.org.

The personal stories of recovery included in this newsletter are published with the written consent of those individuals.